



Diabetes Education

GINGERBREAD COOKIES

- ◆ 1/4 cup butter, softened
- ◆ 1/4 cup 50% to 70% vegetable oil spread
- ◆ 1/2 cup packed brown sugar
- ◆ 2 teaspoons ground ginger
- ◆ 1 teaspoon baking soda
- ◆ 1 teaspoon ground cinnamon
- ◆ 1/4 teaspoon salt
- ◆ 1/4 teaspoon ground cloves
- ◆ 1/4 cup full-flavor molasses
- ◆ 1/4 cup refrigerated or frozen egg product, thawed, or 1 egg
- ◆ 2 cups all-purpose flour
- ◆ 3/4 cup white whole wheat flour or whole wheat flour



DIRECTIONS

1. In a large bowl, combine butter and vegetable oil spread; beat with an electric mixer on medium to high speed for 30 seconds. Add brown sugar, ginger, baking soda, cinnamon, salt, and cloves. Beat until well mixed, scraping side of the bowl occasionally. Beat in molasses an egg. Add all-purpose flour and whole wheat flour, beating just until combined. Divide dough in half. Cover and chill the dough for 2 to 3 hours or until easy to handle.
2. Preheat oven to 375* F. Lightly grease cookie sheets or line with parchment paper, set aside. On a lightly floured surface, roll dough, half at a time, to 1/8 inch thickness. Using a 2 to 3 inch gingerbread person cookie cutter, cut out shapes reroll scraps as necessary. Place cutouts 1 inch apart on prepared cookie sheets.
3. Bake for 4 to 6 minutes or until edges are firm and centers are set. Cool on cookie sheets on wire racks for 1 minutes. Transfer to wire racks to further cool.
4. Decorate as desired, keep in mind icing is made with sugar so use wisely.

NUTRITION FACTS PER SERVING: 1 COOKIE

Calories: 73, Protein: 1
gm, Carbohydrate: 12
gm, Total Fat: 2 gm
(Saturated Fat: 1 gm),
Cholesterol: 3 gm,
Sodium: 73 mg

Diabetes Exchange: 1